

## Club Drugs ECSTASY

**Ecstasy is a slang term** for MDMA, which is an abbreviation for methylenedioxymethamphetamine. Other street or slang names include XTC, X, Adam, Clarity, and Lover's Speed. Ecstasy is a stimulant/hallucinogenic drug (it speeds up your system and makes you imagine things that aren't there) and usually comes in tablet form.

**Ecstasy can increase** your heart rate, blood pressure and sense of alertness like amphetamines (speed) do. Other symptoms include muscle tension, teeth clenching, nausea, blurred vision, rapid eye movement, faintness, and chills or sweating. It also causes an increased sense of confidence and pleasure, peacefulness, and closeness to others. MDMA is similar to amphetamines and mescaline (an ingredient in "magic mushrooms"-another kind of illegal drug, not the kind in the grocery store!), so it can cause both stimulant and hallucinogenic effects.



**Ecstasy's effects last** approximately 3 to 6 hours, but have been known to last even weeks after the drug is taken. These include confusion, depression, sleep problems, anxiety, and paranoia.

**MDMA was originally developed for use** as a diet aid in the early 1900s, but it was never tested on humans. Today, our government finds that it has no medical uses.

**The stimulant effects of Ecstasy**, which enable users to dance all night long at raves, (hence the name "club drug") can also lead to dehydration (lack of water in the body) and high blood pressure. Ecstasy can be extremely dangerous, and even fatal in high doses, because users often experience a sharp increase in body temperature, leading to heart and kidney failure. It may also cause strokes (a blood clot in the brain that cuts off circulation) and seizures in some people. Some users have landed themselves in emergency rooms with 108 degree temperatures, and suffering from severe dehydration. The extreme temperature isn't from the Ecstasy itself, but from the all night dancing the drug encourages.



**Chronic use** (regular use over a long period) of Ecstasy in lab animals, and also humans, has caused long-lasting, possibly permanent, damage to nerve cells in the brain, causing memory loss.

**Herbal ecstasy is not a safe alternative!** It causes many of the same problems as Ecstasy. Read our fact sheet on Herbal Ecstasy, as well.

Source: <http://www.drugfreeamerica.org/clubdrugs>

For more information, please contact:

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